I claim:

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- 1. A trigger for use with a bolt-action rifle having a sear and a receiver and comprising:
 - A. a head made of a selected material and having a first side, a second side, a front, a rear, a bottom and a top, wherein:
 - said first side, said second side, said bottom and said top define an opening from said front to said rear of said head for receiving a sear;
 - ii. said first side and said second side each define a hole therethrough for receiving a pin to pivotally connect the trigger to a receiver; and
 - iii. said top being between said front and said rear of said head and having a socket formed therein for receiving and substantially surrounding a ball for being in contact with a sear that is received within said opening; and
 - B. a finger element connected to said head.
- 2. The trigger of Claim 1 wherein said top has an underside and said socket is formed into said underside of said top.
- 3. The trigger of Claim 2 wherein said top further has an upper surface and said head defines a hole from said socket to said upper surface for receiver an adjuster for adjusting the location of a ball that is received within said socket relative to said underside of said top.
 - 4. The trigger of Claim 3 wherein said adjuster is a screw.

- 5. The trigger of Claim 1 wherein said finger element comprises:
 - A. a front strap; and
 - B. a rear strap behind said front strap;

wherein an opening is present between said front strap and said rear strap.

- 5 6. The trigger of Claim 5 further comprising at least one brace between said front strap and said rear strap.
 - 7. A trigger for use with a gun having a sear and a receiver, said trigger comprising:
 - A. a head contactable against a sear and pivotally connectable to a receiver; and
- B. a finger element connected to said head, said finger element comprising a front strap and a rear strap with at least one opening therebetween, wherein said front strap and said rear strap converge at an unsupported point.
 - 8. The trigger of Claim 7 wherein said head defines a socket for receiving a ball for being contactable against a sear.
- 9. The trigger of Claim 8 wherein said head further defines a hole for receiving a screw for adjusting the location of a ball that is received within said socket relative to said socket.
 - 10. The trigger of Claim 8 wherein said socket substantially surrounds the ball that is received within said socket.
- 20 11. The trigger of Claim 7 wherein there are at least two openings between said front strap and said rear strap, and wherein there is at least one brace is between said front strap and said rear strap.
 - 12. A trigger for use with a gun having a sear and a receiver, said trigger comprising:

- A. a head directly and removeably connectable to a receiver, wherein said head comprises a top defining a socket for receiving and substantially surrounding a ball for directly contacting a sear;
- B. a ball for being received within said socket for directly contacting the sear;
 and
 - C. a finger element connected to said head.

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- 13. The trigger of Claim 12 wherein said finger element comprises a front strap and a rear strap with at least one opening there between.
- 14. The trigger of Claim 12 wherein said top has an underside, and said socket is formed into said underside of said top of said head.
 - 15. The trigger of Claim 14 wherein said top further has an upper surface and said top further defines a hole from said socket to said upper surface for receiving an adjuster for adjusting the location of said ball within said socket.
 - 16. The trigger of Claim 15 wherein said adjuster is a screw.
- 15 17. A trigger for use with a bolt-action rifle having a sear and a receiver, said trigger comprising:
 - A. a head made of a selected material and having a first side and a second side, said first side and said second side each defining a hole therethrough for receiving a pin to pivotally connect said trigger to a receiver, and a head top with a socket formed therein for receiving and substantially surrounding a ball, wherein:
 - i. said socket has a socket top and said head has an upper surface; and

- ii. said head defines a hole from said socket top to said upper surface of said head top that receives a screw for adjusting the location of said ball relative to said socket top; and
- B. a finger element connected to said head.
- The trigger of Claim 17 wherein said first side, said second side and said head top define an opening for receiving a sear, wherein said ball is contactable against a sear received within said opening.
 - 19. A trigger for use with a bolt-action rifle having a sear and a receiver, said trigger comprising:
- A. a head adaptable to receive a pin to pivotally connect said trigger to a receiver, and a head top for contacting a sear, wherein said head top defines a hole for receiving an adjuster for adjusting the orientation of said trigger about said pin relative to the sear and the receiver; and
 - B. a finger element connected to said head.
- 15 20. The trigger of Claim 19 wherein said head comprises a first side and a second side, wherein each of said first side and said second side have a hole there through for receiving a pin to pivotally connect said trigger to a receiver.
 - 21. The trigger of Claim 19 wherein said adjuster is a screw.
- The trigger of Claim 19 wherein said head top defines a socket for receiving aball, said ball being positioned to directly contact the sear.
 - 23. In combination:
 - A. a bolt-action rifle comprising a receiver;
 - B. a sear connected to said receiver;

- C. a trigger pivotally connected to said receiver and comprising:
 - i. a head comprising a top that defines a socket; and
 - ii. a finger element connected to said head; and
- D. a ball received within and substantially surrounded by said socket, and
 said ball being in contact with said sear.
 - 24. The combination of Claim 23 wherein said sear is deflectably connected to said receiver.
- 25. The combination of Claim 23 wherein said head of said trigger has a first side and a second side, wherein each of said first side and said second side have a hole there
 through for receiving a pin to pivotally connect said trigger to said receiver.
 - 26. The combination of Claim 23 wherein said top of said head has an upper surface and said top defines a hole between said socket and said upper surface for receiving a screw for adjusting the location of said ball within said socket.
 - 27. The combination of Claim 23 wherein said finger element comprises:
- A. a front strap;
 - B. a rear strap behind said front strap; and
 - C. a brace between said front strap and said rear strap.